

Grenfell Support News

Back in the borough – KAA returns to Silchester Road



Over the summer Kensington Aldridge Academy (KAA) has moved from its temporary accommodation back to its purpose-built school on Silchester Road. The move back was overwhelmingly supported by students, parents and staff – with over 90 per cent voting to return – and ensures the Academy can continue to deliver the best possible education. The temporary accommodation in Wormwood Scrubs will remain in place should the school need to use it this year and KAA continues to have in place the same range and provision of therapy and counselling services as last year to support students as they need to.

The summer also saw the Academy receive its first ever set of A Level results and they were delighted with what the founder sixth-form students achieved: sixty two per cent of all their results were A*-B, with a 99.6 per cent pass rate achieved. Nearly 100 per cent of students have been able to secure university places, including two at Oxford University.

Having received an Outstanding rating in all categories from Ofsted last year, the Academy is happy to be home and back at the heart of the community.

KAA is a non-selective community school taking pupils based purely on distance. Over the next couple of months KAA will be hosting a number of open days, the details of which are below.

Open days for **September 2019** entry to Year 7 and Sixth Form:

Year 7 Open Evenings

Tuesday 25 September, 4.30pm-7.30pm
Wednesday 17 October, 4.30pm-7.30pm

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Year 7 Open Mornings

Wednesday 3 October, 9am-10.30am
Thursday 4th October, 9am-10.30am

Year 12 Opening Evenings

Thursday 11 October 2018, 5pm-8pm
Thursday 8 November 2018, 5pm-8pm

OK not to feel OK campaign visits NHS Recovery College

Monday 10 September is World Suicide Prevention Day. To find out more about how people can get help and support if they are struggling emotionally and physically, we paid a visit to The Central and North West London (CNWL) Recovery and Wellbeing College in Kilburn, north west London.

The college builds on the national drive to create a society where people with mental health difficulties have access to the same opportunities in life as everyone else.

It has a range of courses and workshops to help build support systems and to remove the stigma associated with mental and physical health.

Their services and resources are available to people who use CNWL NHS Foundation Trust's services, their supporters (friends, family or carers) and CNWL staff.

We hope that places like the Recovery College together with the 'OK not to feel OK' campaign will encourage people to talk more openly about their mental health challenges. So if you or a loved one is struggling please visit:

oknottofeelok.org.

To find out more about the NHS Recovery College visit **cnwl.nhs.uk/recovery-college** or for a prospectus call **020 3214 5686** or email **recoverycollege.cnwl@nhs.net**

You can find the video we filmed at the college on our Twitter (**@GrenfellSupport**) from **Monday 10 September**.



Activities programme at The Curve Community Centre

Monday 10 September

- **10am–12noon** – ABC Early Years with Mithal for children up to four years old. Learn, play and educate (drop-in)
- **2pm–4pm** – Grenfell Support Services – drop-in advice and guidance for all
- **6.30–7.30pm** – Zumba with Paula for ages 18 plus

Tuesday 11 September

- **10.30am–12.30pm** – CV workshop and job search workshop with Jasmine from NOVA. All ages welcome (drop-in)
- **10am–3pm** – Fouzia's Sewing Club – drop-in sewing club for all, grow your skills, knit and natter
- **10am–11am** – Citizens Advice – come along for free, confidential and impartial advice (drop-in)
- **5pm–7pm** – Arabic language classes for ages seven plus. Booking required, email thecurve@rbkc.gov.uk

Wednesday 12 September

- **10am–12noon** – World coffee morning – free and open to all for a coffee and a chat
- **10.30am–12.30pm** – CV workshop and job search workshop with Jasmine from NOVA. All ages welcome (drop-in)
- **1pm–5pm** – Drug and alcohol support session (drop-in)
- **4pm–6pm** – Mind Wellbeing Workshop - 10 spaces available. To book, email andreia.miguel@rbkc.gov.uk
- **4pm–7pm** – Girls youth group for ages 13 plus. Run by Laura for emotional health and wellbeing.



Thursday 13 September

- **10am–11am** – Citizens Advice. Come along for free, confidential and impartial advice (drop-in)
- **10.30am–11.30am** – Adults Yoga with Dimitris for ages 18 plus (drop-in)
- **2pm–6pm** – Home Office. Drop-in for help with immigration and passport issues
- **3pm–5pm** – Clarion Housing Group – Job search sessions. Open to everyone to help with job applications and CV writing (drop-in)
- **5pm–7pm** – Arabic language classes for ages seven plus. Registration is required, please email thecurve@rbkc.gov.uk

Friday 14 September

- **10am–11am** – Citizens Advice. Come along for free, confidential and impartial advice (drop-in)
- **11am–12noon** – Zumbini: Zumba for children up to four years old (drop-in)



The opening times for the creche at The Curve are:

Monday and Tuesday: 9am to 3pm

Wednesday and Friday: 10am to 5pm

Thursday: 10am to 12noon

To book a place in the creche, call **020 7221 9836** or email thecurve@rbkc.gov.uk

The Curve Community Centre, 10 Bard Road, London W10 6TP

Some sessions need to be booked in advance to secure your place, so email thecurve@rbkc.gov.uk and they will confirm your reservation by return.



For a full list of events visit grenfellsupport.org.uk/thecurve/events

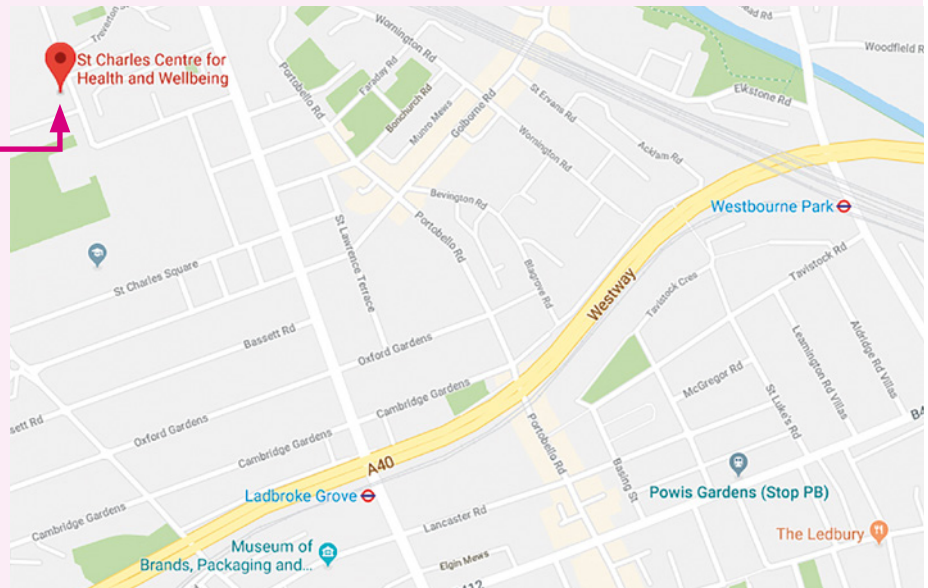
This information is provided weekly by The Curve Community Centre. For more information call **020 7221 9836**

Grenfell Health and Wellbeing Service open evening

Residents are invited to an open evening of the Grenfell Health and Wellbeing Service on **Wednesday 12 September** from **4pm to 7pm** at **St Charles' Health and Wellbeing Centre, Exmoor Street, W10 6DZ**.

This is your chance to meet the staff and managers of the service, find out more about the work they do and the future of the service as well as see their newly-designed base at St Charles' Health and Wellbeing Centre, which is one of the service's therapy centres.

Refreshments will be served. For more information on CNWL NHS services, please visit bit.ly/2PEzHh9.



Volunteer some time to give back to the community

Could you support an older person to keep active for one to two hours a week for nine weeks? Whether it's taking someone for a walk to the park or providing encouragement for indoor exercise regimes, helping someone who is less able is a great way to give back to your community and do something good.

Volunteers are fully trained and supported, receiving practical training from the NHS's local Community Independence Service team.

This opportunity, led by Bishop Creighton House, aims to tackle the problems caused by social isolation and disadvantage.

If you're a good communicator who is caring and empathetic, register your interest today and see the positive changes you can make in somebody's life. Hours are flexible to fit around your schedule. You can find out more and register your interest on the Do It website bit.ly/2oO6aWL

Volunteers must be aged 17+ and complete a full DBS check.



Support and information around the Grenfell Tower Inquiry

Phase one of the Grenfell Tower Inquiry resumed on **Monday 3 September**. Over the coming weeks, evidence will be provided by firefighters, emergency service responders and senior figures from London Fire Brigade. The inquiry is then scheduled to hear evidence from bereaved families, survivors and local residents in October, before moving to expert witnesses in late November.

The inquiry is held at **Holborn Bars, 138-142 Holborn, EC1N 2SW**, where members of the public are able to attend if they wish.

The evidence provided at the inquiry will feature videos, pictures and first person accounts from the night of the tragedy. This could cause distress and feelings of anxiety. There is a range of support on offer to anyone who feels affected by the inquiry. The Grenfell NHS Health and Wellbeing Service and Hestia are available throughout the inquiry. Support is also available online at the Grenfell Wellbeing website where you can self-refer: grenfellwellbeing.com

You can keep up to date with the inquiry by following **@GrenfellInquiry** on Twitter. For all information on evidence, discussions, news and the inquiry schedule, visit grenfelltowerinquiry.org.uk. The inquiry is streamed live on YouTube and links to the stream are shared on the inquiry Twitter page each morning (twitter.com/GrenfellInquiry) and are shared by Grenfell Support (twitter.com/GrenfellSupport).

Support services on offer

Anyone who would like to speak to the police in relation to the investigation into the Grenfell tragedy is asked to contact the Met Police on **0800 032 4539**.

Important contacts

Grenfell Enquiries service

A one-stop-shop for support, advice and guidance around Grenfell. More information here grenfellsupport.org.uk/grenfell-enquiries
Call **020 7745 6414**

Cruse Bereavement Care

Call the Freephone helpline on **0808 808 1677** or email helpline@cruse.org.uk

The helpline is open **Monday-Friday** from **9.30am to 5pm**. Extended hours Tuesday, Wednesday and Thursday evenings until **8pm**.

Replacement UK passports, visas or immigration queries

Call the Home Office advice line on **0300 303 2832**. The line is open 24 hours.

Air quality and smoke exposure

If you have concerns about any symptoms, see your GP and mention Grenfell they will be able to direct you appropriately.

Housing support

If you have any questions about housing or want to find out who your housing officer is please call **0800 137 111** or **020 7361 3008**.

Victim support

Call **0808 1689 111** for practical and emotional support, or visit victimsupport.org.uk The line is open 24 hours a day.

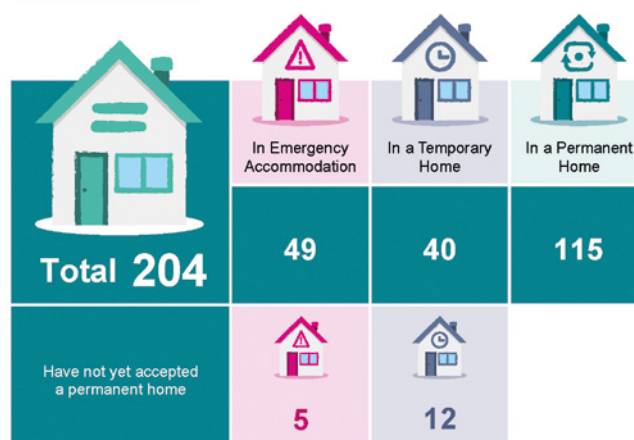
You can also get emotional and practical support at **The Curve Community Centre**. Call **020 7221 9836**.

Grenfell Tower and Grenfell Walk rehousing progress update



These are the figures for

6 September 2018



Fitness instructor qualification for adults with disabilities

The InstructAbility project is coming to North Kensington to give adults with disabilities the opportunity to earn a qualification as a fitness instructor.

The programme includes a work placement for gaining experience in an exciting and sporty workplace and undertake community outreach.

Successful candidates will gain a YMCAfit Level 2 Gym Instructor qualification and a CPD Module in function fitness to deliver inclusive exercise.

Applicants must be:

- Disabled and unemployed
- Aged 16 plus
- Experienced and familiar with gym equipment
- Able to commit to all training and work placement dates (information on website)

Want to find out more? Visit the InstructAbility website to read the full course programme and to apply for a place www.instructability.org.uk

For more information, email instructability1@aspire.org.uk



Upcoming meetings

Residents welcome to attend.

Leadership Team Meeting

Wednesday 19 September, 6.30pm
Kensington Town Hall

Grenfell Recovery Scrutiny Committee

Monday 15 October, 6.30pm
Kensington Town Hall

Full Council

Wednesday 17 October, 6.30pm
Kensington Town Hall

Hestia and the Central and North West London NHS Foundation Trust are based overnight at the **Notting Hill Methodist Church, Lancaster Road** from **10pm to 8am**. Pop in for a chat and support.

The newsletter is also available in Arabic and Farsi languages.